

A Field Guide to Common Aquatic and Riparian Plants of New Hampshire

CINNAMON FERN Osmunda cinnamomea



- **Status:** Native
- **Habitat:** Shrub and forested wetlands, edges of lakes, ponds, streams, and rivers. Often growing near somewhat similar and related interrupted fern (*Polystichum arostichoides*).
- **Height:** Up to 3 feet tall.
- **Stem:** Upright, stout, smooth, green, and covered with cinnamon-colored wooly stalk.
- **Leaves:** Sterile (vegetative) fronds up to 3 feet high, upright to slightly arched, lance-shaped with 20+ opposite leaflets. Fertile fronds do not persist through the summer whereas vegetative fronds remain until first frost.
- **Reproduction:** Club-like fertile frond with groups of spore cases on leaflets that hug the main axis.
- **Spring.** Fruiting Period: Spring.



OSTRICH FERN Pteretis pensylvanica



- Status: Native
- **Habitat:** Shrub and forested wetlands, edges of lakes, ponds, streams, and rivers.
- Meight: Up to 6 feet tall, forming tussocks or clumps.
- **Stem:** Stout, naked for up 1 foot from the base, green, flattened and black at the base, covered with papery brown scales. Arising from a forking, shallowly-embedded rhizome and giving rise to stout, black, scaly runners.
- Leaves: Sterile fronds forming circles, gradually narrowed at the base and abruptly narrowed to the tip. Fertile fronds up to 2 feet tall and 2 inches wide, naked for approximately half their length, the naked portions shiny brown, crowded, spreading or ascending branches often overlapping or twisted, light green at first turning dark green and eventually brown.
- **Reproduction:** Leaf segments with spore cases beneath, become rolled into small, hard, berry-like structures, joined along the branches of the fertile frond.
- **Truiting Period:** July August. Persisting over winter.
- **Similar Species:** Cinnamon fern (Osmunda cinnamomea). Ostrich fern may be distinguished by the gradually narrow base, and papery scales rather than cinnamon-colored pubescence on the stalk.





ROYAL FERN Osmunda regalis

Status: Native

Habitat: Shrub and forested wetlands, edges of lakes ponds, streams, and rivers.

Height: Up to 5 feet tall, growing in scattered groups.

Stem: Somewhat stout, naked for approximately half its length, greenish or reddish, arising from a stout, creeping rhizome.

Leaves: Fronds with 5-7 pairs of nearly opposite, oblong, ascending divisions. The lowest pair slightly shorter than the others, each division divided into finely toothed, oblong, blunt alternate segments, 10-14 on each side. Fertile fronds terminated by a panicle appearing as a dense cluster of light brown structures.

Reproduction: Spore cases clustered along short, naked leaf segments in a terminal panicle and often at the tips of some of the divisions. One of several ferns that produce their spores on modified leaflets, not on the underside of the fronds.

Fruiting Period: Spring and early summer.







SENSITIVE FERN Onoclea sensibilis

Status: Native

Habitat: Shrub and forested wetlands, edges of lakes, ponds, streams, and rivers.

Height: Up to 3 feet tall. Growing solitary or scattered.

Stem: Upright, stout, naked for nearly half its length, arising from a creeping rhizome.

Leaves: Sterile fronds up to 3 feet tall, the blade with up to 16 pairs of wide segments having wavy margins. Fertile fronds shorter, the berry-like structures clustered in stiffly erect divisions, the entire structure appearing spike-like.

Reproduction: Leaf segments with spore cases beneath which have become rolled into small, hard, black, berry-like structures appearing July through August and persisting over winter.

Fruiting Period: July into October.



